

## Discounts 101

Like many of us, you may be looking for creative ways to save money. Did you know that many of the benefits provide additional discounts? Learn more by visiting the [SBO website](#),



select your group, and click the benefit(s) you are enrolled in to learn about the discounts offered. Some of the discounts available include:

**Highmark Delaware** - travel, fitness attire, meal kits, gym passes, and more

**Aetna** - gym memberships, eyeglasses and contacts, weight loss programs, meal plans, and more

**CVS Caremark** - RxSavingsPlus®, a drug discount program that can help you save on generic and brand-name medications at more than 65,000 participating pharmacies nationwide

**Delta Dental** - LASIK surgery and hearing aids

**Dominion National** - Prevention Rewards Program, SmileDirectClub's orthodontic clear aligners and hearing aids

**EyeMed** - Hearing exams and aids, frames, lenses, additional complete pair of prescription eyeglasses, contacts, LASIK or PRK services, and special offers

**ComPsych® Guidance Resources®** - travel, theme parks, car rentals, shopping and much more

There are also additional discounts for State of Delaware Employees on the [DHR Financial Wellness](#) page.

## Share Your Experience

Our priority at SBO is simple: to not only deliver high-quality benefits, but also to educate our members. Knowing that experience can be the best teacher, we want to ask our members to share their stories. Have you or a family member contacted ComPsych® for support? Have you used any of the discounts offered through Highmark Delaware or Aetna? Have you scheduled a surgery through SurgeryPlus? We would love to help you share your story! We will gladly accept written testimonials or interview you. Together we can face change and make it easier for our co-workers, friends and neighbors to navigate better health and well-being. [Email SBO](#) to share your story.

## National Cholesterol Education Month

September is National Cholesterol Education month. Cholesterol is a fat-like substance that is found in your body and some of the foods you may eat. Although your body's cells need cholesterol, it is important to know the two types, HDL (good) and LDL (bad). Having too little of good or too much of bad cholesterol can cause a build-up in the inner walls of your arteries, which can lead to heart disease or a stroke.

Heart disease is one of the leading causes of death in the United States. There are many factors in addition to your cholesterol levels that contribute to heart disease, such as smoking, lack of physical activity, obesity, and a poor diet. You can prevent heart disease by implementing simple lifestyle changes into your daily routine.

Here are three things you can do to manage your health; **check** your numbers, **change** by making healthy lifestyle choices, such as making healthier food choices and exercising, and

**control** your cholesterol levels which may include working with your Primary Care Provider (PCP).

You can find all the resources available to you to help you prevent or manage heart disease and help keep you healthy on the new [Heart Health Resources](#) page.



## Flu and COVID-19 Vaccines

Getting a flu vaccine this fall is important to help protect yourself, your loved ones, and your community against flu illness, hospitalization, and death. When large numbers of the population get flu and COVID-19 vaccinations, they help lessen the burden on our healthcare system. Local pharmacies can administer the flu and the COVID-19 vaccine during the same visit. State of Delaware Group Health Insurance Plan members can obtain flu shots and COVID-19 shots at no cost when using either their Highmark Delaware or Aetna health plan or their CVS Caremark prescription plan at local participating network pharmacies, including Walgreens, Rite Aid, and CVS Pharmacy. Contact your pharmacy before going, as an appointment may be recommended or required to receive vaccines.

## 988 Suicide and Crisis Lifeline



Effective July 16, 2022, the National Suicide Prevention Lifeline transitioned to an easy-to-remember, 3-digit number (988). This is a federally required telecom change, for which the State of

Delaware has set up 24/7 statewide coverage. This lifeline will assist people who are suicidal or suffering a mental health and/or substance use crisis. Family and friends may contact 988 if they are concerned about a loved one. Visit the [988 Suicide and Crisis Lifeline](#) website for more information.

## Upcoming Webinars and Classes

**Aetna** offers monthly [webinars](#) that employees, pensioners and their family members can attend, regardless of enrollment in a State health plan. There is no need to register; simply click a link below to attend.

- Getting Organized - [September 12 @ 5:00 pm](#)
- Maintaining a Health-Conscious Workplace - [September 28 @ 12:00 pm](#)

**ComPsych® GuidanceResources®** is offering webinars that employees, pensioners, and their family members can attend, regardless of enrollment in a State health plan. Click on the links below to register:

- Developing Grit: Strategies for Success in Work and Life - [September 7 @ 1:00 pm](#)
- Supervisor Orientation - [September 12 @ 10:00 am](#)
- Employee Orientation - [September 13 @ 10:00 am](#)

The Aetna and ComPsych® GuidanceResources® webinars will be recorded and posted to the website if you are unable to attend.

**Advisor Connection** will be holding an Investment Fundamentals Seminar on October 5 and 13. View the Advisor Connection [flyer](#) to learn more about the events and register for the date and time that works best for you.

## EyeMed Perks for Back-to-School

While preparing for back-to-school, EyeMed\* members should consider using their available routine exam benefit and schedule an appointment with their eye care provider. EyeMed offers various discounts to help members save money on eye glass frames, contact lenses, and more. EyeMed also offers additional discounts and resources:

- LASIK surgery
- Hearing aids
- Discounts from certain in-network providers
- International travel perks
- Order frames, contacts, and sunglasses online
- Use the estimate costs tool, "Know Before You Go"



To register and learn more, visit the [SBO website](#), select your group, click the EyeMed tile, and click Contact EyeMed to log into the portal.

*\*If you are a school district employee, please note that your plan options may vary. Contact your organization's Human Resources/Benefits Office for details.*

## Fruit Kabobs

### Ingredients:

Fruit, according to taste and availability (choices may include apples, pears, grapes, blueberries, cantaloupe, watermelon, etc.)

### Instructions:

1. Wash fruit and cut into slices half an inch thick. For larger slices, such as watermelon or apple, use a small cookie cutter to create different shapes, like stars, circles or hearts.
2. Once all the pieces are prepared, slide them onto skewers and serve.

### Recipe from Delta Dental



**Hidden Treasures:** Go to the Choosing the Right Care page on SBO's website. Locate Leapfrog's information and determine what Leapfrog measures. Send your answer to [sbo.communications@delaware.gov](mailto:sbo.communications@delaware.gov) (Subject: Hidden Treasures). A random drawing from all correct responses received by the end of the month will be conducted for a prize. Congratulations to last month's winner, Regina M. from Dept. of State!